







CROSSROADS: The Magazine
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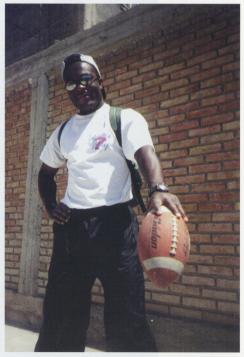
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Celebrate the Pond

by Russ Dake

If asked to pick one thing about the campus of Missouri Southern by which to identify, what would you choose? Would it be the intricate landscape work, a building such as Taylor Auditorium, or the historic old mansion? Maybe, it would be something so simple as the Biology Pond.





In 1940 the Wallower family, original owners of the estate, had an olympic-sized swimming pool constructed. Twenty-five years ago (1973) the walls to the pool were demolished at the request of the biology department in order to create a natural spring-fed pond. Thus marked the birth of the Biology Pond.

Every college or university has something unique giving it an identity .

Some have architectural marvels or historical structures that are symbolic of the school. For example, Notre Dame has the Golden Dome and Pittsburg State has its new Technology Center. You too have a symbol for your school, in a peaceful body of water given its birth in conjunction with the campus' relocation to its present home. A beautiful and ever-changing body of water called the Biology Pond.

Due to its obscure location, it is often overlooked and forgotten by many students attending classes. It appears so simple and silent, but it is quite the contrary. There comes quite a symbolic message from this small body of water given its life simultaneous with that of the college.





Just as the campus evolved from a simple beginning and has grown to a much more complex existence, so too has the Biology Pond. Over time the pond has become a home to numerous and many different inhabitants. They all coexist and depend upon the pond to insure their growth and livelihood. Much the same is the purpose of the campus. You might liken it in comparison to the pond, both full of many different inhabitants striving to grow and mature in their own unique environment. The campus is the provider of this environment by which to grow.

Campus or pond, they both are habitats where life is contained and nurtured-infusion of which is so diverse in its nature, but so simple in importance.

In conjunction with the Biology Pond's 25th anniversary, an essay and photography contest is being sponsored by the MSSC Alumni Association and endorsed by the Student Senate. See the fall issue for the examples of the winning entries.

Campus group addresses abuse Stadent Against Child

ISSUES

former Miss America participates

by Scott McCord

Many people in southwest Missouri are aware of the occurrence of physical and sexual abuse. However, many don't realize the prevalence in this region. Physical and sexual abuse take place, often unnoticed and unreported.

Missouri Southern Student Coalition Against Child Abuse, [MSSCACA], a student organization, brings an increased awareness to the Southern campus. Katherine Ray, now Vice President of the organization, is the founder of the MSSCACA. She started the group in the summer of 1996.

"[MSSCACA's] mission is to promote the education, prevention, intervention, and protection of child abuse," said Ray. The group's primary goal is to educate. The MSSCACA's secondary role is to support the children in the surrounding counties through a primary fundraiser called the Teddy Bear Campaign.

The group sells paper teddy bears for one dollar. Proceeds are used to buy real teddy bears. The MSSCACA then donates the real bears to area agencies that deal with abused children.

"We raised around \$900 on our last campaign," said Ray.

The MSSCACA is also co-sponsoring a fundraiser with Marylin Van Derbur Atler, former Miss America. Atler, a victim of sexual abuse, will speak on April 28, 1998 at Missouri Southern.

Other supporters of the Atler fundraiser are the Children's Center of Southwest Missouri, Children's Miracle Network, Family Violence Council, Little Brave Productions, and Southern's Social Science Department. The sole benefactor of the fundraiser will be the Children's Center located at 931 East 34th Street.

Several speakers from various community service

agencies will hold sessions throughout the day.

Missouri Southern "[MSSCACA] has been real supportive to the Chldren's Center by providing the teddy bears to the children who are alleged sexual or severe physical abuse victims," said Betty Cagle, Ed. D., executive director of the Children's Center.

As well as bringing speakers from various agencies, the MSSCACA orders educational material from the state. The group sets up a table in Webster Hall, holding the information on child abuse and neglect issues.

"People come by the table and pick up what they want and every semester we run out of pamphlets," said Ray. "We also do two to three newsletters per year that are mailed out to our members."

Ray founded the group in order to do something for the children.

"I had been interested for some time in starting an organization. I started asking around about organizations dealing with child abuse. About the only ones out there deal with law enforcement, other than a few social groups. There were no groups where you could go and participate and the community could step in and start doing things. I found it bewildering that in such a big community there was no way people could volunteer in a group. I wanted to volunteer my time and the only thing I found were places that counseled adults. It seemed to me the kids were being left out."

According to Ray, the reason MSSCACA's main goal is education is the lack thereof on child abuse.

"A lot of people don't know what causes child abuse and it scares them," said Ray. "People don't know how to talk about child abuse. If we could educate them, they could talk to other people and create a snowball effect."

The number of cases reported to the Children's Center since its opening on May 5, 1996 speaks for itself.

"We [Children's Center] have had 121 interviews with alleged abuse victims since we've opened," said Cagle.

The number of abuse cases in Missouri is astounding. The percentage of substantiated cases was 21% in 1995, versus the national 11% taken from the Washington Social Legislation Bulletin, April 22, 1996. In 1996, there were 154 investigations of sexual abuse in Jasper county and 63 investigations of physical abuse. In Newton county, there were 35 investigations of sexual abuse and 16 cases of physical abuse. In McDonald county, there were 24 investigations of sexual abuse and 49 investigations of physical abuse.

"People don't want to face the reality that sexual abuse is occurring. We're supposed to love and protect our children. Abuse is such a social taboo that people close their eyes to the issue," said Ray.

If you know someone you suspect is being sexually or physically abused, you may call the Child Abuse Hotline, 1-800-392-3738 or the Children's Center, 417-623-2292



Marilyn VanDebur Atler's appearance at Missouri Southern is being underwritten by Carl Junction resident Monica McGuire and her company Little Brave LLC.

"I created Little Brave for the purpose of communicating hope and encouragement to those who are in despair," said McGuire. "I chose to bring Marilyn to this community to shed light on the abuse problems in southwest Missouri. I believe that her story will bring the hope of healing to abuse victims, who have previously experienced little hope for themselves. I trust that abuse victims may

begin their journey of healing by finding a strong community of support because of the day-long inservice events which are part of the Marilyn VanDerbur Atler visit.

Acclaimed Art Critic to Visit Campus

by Linda Whited

Rosamond Bernier knew art masters such as Pablo Picasso and Henri Matisse personally. Her studies abroad in Mexico and France marked her tender years unlike children her age. She was born in Philadelphia, Penn. of an American father and an English mother. And on October 8, 1998 she will endear listeners in Webster Auditorium. The symposium will feature works from her personal art collection.

> She has lived her life artfully, and shares her experiences in a book Matisse, Picasso, Miro: As I Knew

Them. The richly illustrated text was published in 1991 by Alfred Knopf.

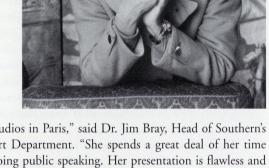
As a young journalist Picasso encouraged her to travel to Barcelona, Spain to write about his early works. The ensemble of paintings, Chateau d'Antibes, hallows the Picasso Museum in Barcelona.

In 1955 she founded the magazine French L'Oeil. Distinguished French, American, and English authors contributed their writings to the publication.

She befriended other artists of the School of Paris. Georgas Braque, Fernand Leger, Joan Miro, Max Ernst, and Alberto Giacometti re-enforced her commitment to extend artistic appreciation. These European friends helped her in every way they could to compose the best designs.

Many times she was the first writer to publish new artistic achievements. Among them were Matisse's Chapel in Venice.

"She frequented a lot of art



studios in Paris," said Dr. Jim Bray, Head of Southern's Art Department. "She spends a great deal of her time doing public speaking. Her presentation is flawless and she is very graceful and witty."

Bernier highlights her dossier as contributing editor of HG and the Vogue magazines. Her career has many branches. Another vine of her career flourishes in her gift of public address.

Some art lecturers rely on canned speeches, clutching to typewritten notes. Bernier's exceptional talent showcases her polished delivery.

"Maybe having lived in a time when those artists were

famous lends to her enthusiasm," said Bray. "Showing their art works in her magazines gives her an insight very few people would have. She speaks with a nice blend of anecdotes and then about the art works themselves. That brings the audience to a greater appreciation of art."

"There is a connection between the African Art and her display. Picasso and Matisse were influenced by equatorial African Art," said Val Christensen, assistant professor of art.

The theme will tie into the African semester as well as the international emphasis scheduled for the 1998 fall semester.

"She will bring a Picasso etching and a Matisse lithograph," said Christensen.

The art department is very excited about Bernier's visit. Special events are still in planning stages including classroom presentations and a reception in Bernier's honor which will serve as a fundraiser for the art department.

Eleven Southern students have been chosen to extend the international mission in Europe this summer.

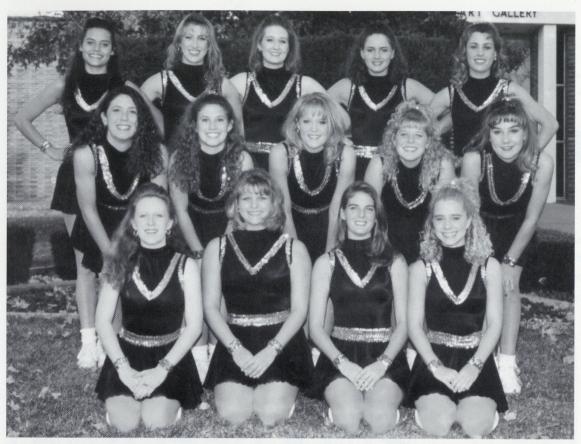
The hard-working art students are recipients of the Catherine Hyle Travel Scholarship.

The "Summer in Sweden" program was organized by Dr. Jim Bray, head of the art department, and Dr. Nicholas Kyle, assistant art professor.

Art scholars will spend time in Paris, France before traveling to Stockholm and Oslo, Sweden.

According to Bray, the tour will enlighten students and prepare them for Rosamond Bernier's fall visit to Southern. Trips to the Louvre and Pomenei Museums will create a common art appreciation experience between students and Bernier.

Students depart May 29 for a sixweek semester at Folkhogskola People's College in Mullsjo, Sweden. Each weekend students experience field trips packed with gallery tours or art siteseeing adventures.



Members from first team Left to right: (back) Jennifer Phillips, Tina Keller, Gretchen Leggett, Melissa Newberry, and Angela Shea (middle) Shelly Perkins, Erica Crowell, Brooke Sutton, Jamie Gould, Lori Page (front) Shelly Elias, Carrie laMere, Heather Johnson, Shandy McBride. Team members not pictured: Erin Aggus, Brandi Naden, Chrystal Politte, Kelly Robb, Erica Stratton, Heather Thompson, Lynsey Shoemaker, Tracy Sinclair, Lori Franklin.

Rock On — Ladies!

by Andre Smith

There is a new addition to the fun and excitement of your favorite Missouri Southern athletic event. In addition to the band, cheerleaders, and, of course, the athletes themselves, Southern has added the Dance Team.

"We started this up last year, and I really think it adds a lot to the game," said Brooke Sutton, a dance team member. "We all really love to dance, and I think that is conveyed to the fans. It just adds to the excitement."

Sutton said that she joined because it gave her a creative outlet.

"I love to dance," she said. "I have since I was little. The Dance Team gave me a chance to do that and be involved in school. I really enjoy it."

Sutton said that although she did it for fun, it did certainly add to her stress level.

"It's just like any other school activity, it takes up my free time," she said. "I go to school full-time and work full-time, and then we practice about eight hours a week, so I tend to get a little stressed out, but it is worth it."

Erin Aggus, another Dance Team member, said that, for her, it is just the opposite.

"For me the Dance Team is a stress reliever. I can dance whatever stresses I may be having away. Being with all the other girls is like have a giant support group."

Sutton agrees.

"We are all very close," she said. "It's really like one big family. We go out and do things as a group, and I even live with two of the girls on the squad. I didn't know them beforehand, so this is really a good way to meet people."

Aggus said that was her favorite part of being a Dance Team member.

"I love getting out and meeting people and this is a great way to do it. You get out and are around a lot of people that you never would have come into contact with otherwise."

For George ear is no option!

by Dawn Craig

Fear is no option for this non-traditional student who almost lost the key to a door, where purpose, human compassion, and worth are found.

Donald George, undecided major, is back at college for the second time. He currently receives disability benefits, so he is allowed to go back to work. He admits it wasn't easy coming back to further his education at Missouri Southern.

"The first three weeks were real difficult," he said. "I felt like an alien around all the young people, but it's not bad, because everyone is here to learn."

George came from a rural background and said Joplin doesn't have some of the items or places attributed to a small town like tractors, the "Ma and Pa" restaurants, or the small country stores. It is comparable

to a "carpenter in a goldfish pond."

He commuted the first three weeks, taking approximately one hour to arrive here. Recently, he moved to an apartment in Joplin and is satisfied with having extra time for sleeping and studying.

The biggest struggle in his life is recovering from alcoholism and drugs. Just getting through even one day was hard, until he became involved with AA (Alcoholics Anonymous).

George had a deep depression-drowning without the ability to come up for air. But once he woke up and smelled the roses, life seemed more meaningful and he gained a profound appreciation for himself and others around him.

From George's military experiences, he saw first-hand from the MP (Military Police) what happened to people who abuse alcohol and drugs. They die of alcohol poisoning, commit suicide, murders, and rapes.

"I went through 18 and a half years of marriage that ended, because I didn't do my 50 percent," said George. "I've seen people who have ended up in prison and I've gone to their funerals, which were most unfortunate."

He had to learn the hard way from his experiences and through other's examples, George decided he should change his lifestyle. And George is a much happier person now, who's content with what he has.

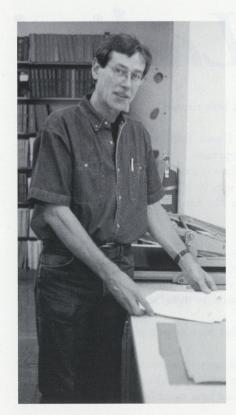
College isn't easy for him and he finds that he must prioritize what tasks are important to accomplish first, even if it means staying indoors and studying, when he could be outdoors.

George remembers some of the support groups that used to be at Southern.

"There used to be an on-campus AA (Alcoholics Anonymous) and NA (Narcotics Anonymous) on defeating the struggle in the first six months to one year," he said. "But in the community, there are other self-help groups, such as Crisis Intervention, people who have had five to six years of sobriety and can help a person just entering sobriety who may not really care one way or the other. I think on-campus support groups for alcohol, drugs, dysfunctional families, and codependents are important to have."

Where would we be without these groups? Some people feel foolish to express their feelings about a topic or share personal experiences (pleasant or awful). But it is one of the many ways to get rid of the past garbage that has been stored inside the conscience for so long. The sooner they let go, the easier it may be for them to live.

According to George, organizations like the nontraditional student group have made all the difference.



Group offers support

by Dawn Craig

Navigating our way around the universe isn't always easy, especially if we lack the skills we need for a career and family improvement.

Unless this foundation is built, nothing will hold together the pieces of the future. Without someone to lean on, at times life can seem too difficult.

From 12:15 p.m.-1 p.m. on Tuesday in Hearnes Hall, room 211, a non-traditional student support group meets for eight weeks each semester. The organization is sponsored by Missouri Southern Counseling Services and Susan Craig. Craig, who serves as a counselor in the counseling services area and as coordinator for the college orientation program directs the group. Though under her direction, it is the students who serve as the battery (power) for the group.

"It is the students who really run the group," said Craig. "At first, I acted as the facilitator, with helping the students learn each other's names. Then they chose the topics they felt comfortable discussing."

There are many ways to define a non-traditional student. For some, it could mean a student older than 18 or 19, not directly out of high school, and who has experience working in the "real" world.

Group members find many issues unique to their age and circumstances. There is a need to understand how some people are just meant to accomplish things earlier, while others blossom later in life. Why do we have to compete with others, whether it be in education, sports, music, or etc.? During meetings the non-traditional students may question and discuss everything.

Craig says, the group continues to meet eight weeks each semester. It doesn't cost anything to belong to this support group. Participants are asked to bring a sack lunch to the meetings. She said the only downfall of the group is it cannot plan the meetings around the student's schedule.

"It is not perfect with everyone's schedule, " said Craig. "We try to choose a time there were not many classes held and we certainly can't know how many people will not be able to attend."

More information on the non-traditional support group is available at Southern's counseling services in Hearnes Hall or by calling 625-9324.



New Distance Learning director takes new approach to promote program

by Marla Hinkle Senior Writer



This semester, a new approach is being taken in the Distance Learning program by, technical specialist, B. Michael Friday. Friday has high expectation for the promotion of Missouri Southern's continuing education program.

He spent nine years in the Air Force as a combat photographer before earning his masters in communications with an emphasis in distance education.

In addition to being in charge of day-today operations, which is the airing of classes, he puts together prerecorded programs. These are already-taped classes that have a waiting period before distribution. Friday said the main difference in the program will be concerning promotions emphasis.

"Getting the people who are already in our area signed for up courses is my main concern," said Friday. "Even though we have a fairly sizable reach over nine counties, the participation is low. We still would like to increase our reach, but the focus will be on community and student awareness. I have spoken with different businesses here in Joplin, Webb City, Carthage and the rest of the communities that we already serve. They were very enthusiastic about our program and what we have to offer," he said. Another change Friday mentioned was the addition of more channel capacity. That involves opening up extra channels so the program will not only offer basic college courses, but allow for specific courses. Companies may then contact with the college, who would in turn transmit those classes for the businesses.

As for future plans, implementing a program that will better help the students read the instructor's notes is in order. Currently, a camera tapes the instructor's handwritten notes. Using new technology involving Office 97 PowerPoint system is planned. This allows instructors to type their notes in ahead of time. Not only will not only be easier for students to read, it will also look more professional on television. Internet access is another area Friday said the program will be moving into. Now only one Internet class is offered.

The Internet classes will involve the instructor and the computer right there in the classroom. The students that are watching will be able to send their questions via e-mail. If the e-mail is not checked during class, the teacher can e-mail the answer afterward. Friday said

this will allow better interaction between the students and teachers. The possibility of testing over the Internet is something that might be implemented in the future.

"This would allow students to hook up to our site through the Internet using their password. They will be able to get to the testing site, and should be able to take the test right over the Internet, instead of the current method we use. We are faxing the tests," he said.

Friday is concerned about the lack of knowledge on GED testing. Many people do not know Southern offers this free service to the community.

"We do not charge money for the GED, and most people do not know about this. If we could get more people in the community to realize this, it would increase the interest in our program greatly," he said.

The process of taking the GED test involves two methods. People taking the test can either bring in two dollars and buy the tape. This is called the rotation program which is simply using the same tape and bringing it back to the campus and exchanging it for the second class, which the program tapes for them. The other method is simply watching it on television. Textbooks are also offered in mathematics, reading, and writing, for \$10 in English and \$12 in Spanish.

"The program was distributed to Monet, Lamar, and Neosho. These are the places that are currently within our "cone" that we provide distance education to. They were surprised that we offered these courses, which is part of the problem of people not being aware about all of the different options we do offer," Friday said.

Friday stressed once again that focusing on the people nearest to us is key.

"I don't have a problem with increasing our range, but we must emphasize increasing the usage within the area that is already covered," he said.

Juggling Marriage, Athletics & Academics

by Andre Smith

Everyone is aware of the pressures of being a student-athlete. Grades, practice and games are all largely time consuming. Some student athletes have been known to take a look around and wonder why they have no social life.

So, what if you were to take it to the next level? Suppose you are not simply dating, but, you are actually married and dealing with all of the other things that concern a student athlete?

That is exactly what two of Missouri Southern's Lady Lion basketball players attemped.

Megan Mickey, married August 9, 1997, and Shelly

Jason and Megan Mickey

Oliver, married July 3, 1997. They added the responsibilities of a marraige relationship to the meat of their schedules as Lady Lion basketball players. How do they do that?

"We have a very supportive family who are pretty much there whenever we need them," Mickey said. "The team is very supportive and sensitive to the fact that we have this added dimension to our lives."

Megan, who is married to Missouri Southern golfer Jason Mickey, said that while being married to another athlete can be a bit frustrating, it is a plus.

"It's hard because of the fact that since he golfs, when I am out of season he is in season. When he is out of season, I am in season," she said. "It is nice though, because he truly understands what I am going through, and doesn't freak out when I can't be there."

Oliver agrees.

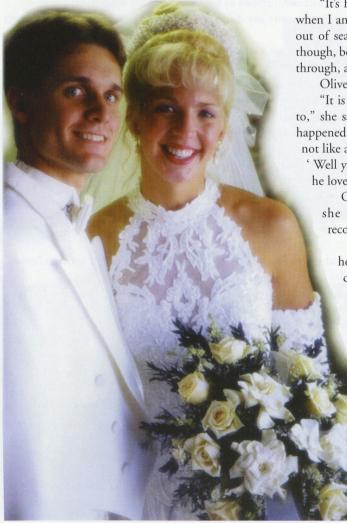
"It is really nice to have someone to come home to," she said. "Wesley is there to listen to what has happened that day, and give me positive feedback. He's not like a dad who says 'Well you did this wrong,' or 'Well you did that wrong.' He just simply tells me he loves me and it's going to be alright."

Oliver, who's married name is Augman, said she chose to keep her maiden name for recognition.

"My nickname is Big 'O' and that's kind of how everybody knows me," she said. "So I decided that I would keep Oliver, just through my last year of basketball, so that it wouldn't create confusion."

Overall, both Oliver and Mickey think being married student athletes as a good thing. Mickey said that she felt it gave her a different out look on things.

"Being married, I am kind of out of the college scene," said Mickey. "I think that gives me a little different take on things, plus, I have a little boy at home. So, I am also mother. I really feel as though I have taken on the role of mother on this team as well as watching out for everybody, checking where they are going, and what they are doing, and I like that."



Gray's Wall Theory

Although he was blinded shortly after birth, sophomore Matt Gray enjoys the livlihood at Southern



Have you ever heard the expression "If walls could talk"? According to sophomore Matt Gray, walls can talk, or at least they make noise.

Gray must rely on the sounds around him in order to move throughout his daily life. Born prematurely, Gray's retinas were destroyed when he was placed in an oxygen tent, leaving him blind. According to Gray, walls do not talk but he can definitely hear when he is approaching one.

"I don't know what it is," said Gray, "but structures like walls give off a different sound than open air."

Most people think that the blind have the ability to hear better. Gray laughs at that idea. He said the increased awareness could be a result of less distractions caused by sight.

"It is not true that blind people can hear better," he said. "We are probably more aware of the sounds around us."

Gray grew up in Henryetta, Oklahoma where he attended a state school for the blind. Gray attributes his successful efforts to his school and his supportive mom.

"She just explained that I wasn't any different," said Gray, "and I wasn't going to act like it."

Gray said the only problems with schools specifically designed for the blind is that they are too restrictive. He didn't have a lot of exposure to the real world.

"And it is a cruel world," he said, "not just for me, but for everyone."

Gray graduated high school at the age of 19 and moved on to study at a junior college in Tulsa. Now, 24, he continues his study in history and business. Gray has yet to declare a major, but he is interested in certain periods in history specifically the Greeks and the Golden Age.

With all of those history classes, anyone would have a difficult time keeping their notes straight and finishing assignments. How does Gray handle this?

"I have a synthesizer on my computer with a program called vocalize and WordPerfect 6.1," said Gray.

In class, he uses a tape recorder and then converts important information into braille.

"I can use a slate and stylus, but it is noisy," he said. "That is why I use it at home." Gray explained why it is difficult to use a slate for taking notes.

"You have to be really quick," he said.

To use a slate and stylus the 'slate' must be inverted so that the indentations made on one side become the correct, raised dots on the other side.

"The symbol for F becomes a D," Gray said.

Overall, Gray said he likes attending Southern because of the atmosphere.

"It's hard to explain, it's just a feeling I get," he said. "It [Southern] is alive."

Do walls make sounds?

Our experiments (inside and out of *Crossroads* office, during late work-nights) have brought this staff to a better understanding.

We find that it is possible to sense, through sound the difference between entering a large room and a smaller room. Sadly, we could not overcome our fears of walking into walls in order to understand Gray's Wall Theory.

However, we do not doubt that this phenomenal ability exists. We have seen stranger things on the top floor of Webster Hall while the rest of the campus sleeps. Thanks to Gray, we have learned something.



Woman of artistic endeavors

by Dawn Craig

In the land of St. Lucia, a woman once shy in her young age, now brings out the sparkling essence of creation through graphic arts. Idalie Jansson, senior art major (graphic communications emphasis), first studied art in Mullsjo, Sweden at the Mullsjo Folkhogskola (Folk High School). It is similar to a college. There she learned concepts related to painting, drawing, and her specialty project: photography.

She is originally from Koping, Sweden. The town is known for mining, Volvo car manufacturing plant, fertilizing factory, clean environment with compulsory recycling, and inexpensive health care system.

According to V.A. Christensen, assistant professor of art and coordinator of Spiva Art Gallery, "We take students from Missouri Southern to Sweden as part of a "Summer in Sweden" program and study art for six weeks during the summer. They have a studio class in combination with an art class on Scandinavia and another is art history-oriented. The Studio lab course requires the students to spend double time on the activity and Art History includes the visiting of museums and galleries."

Students stay in residence halls on-campus while in Sweden. Even though classes are not in session at that time, some students are there finishing their course work. The program is financed through the Katherine L. Hyde Foundation. It provides 10 travel/study scholarships if the chosen students agree to undertake six academic hours. Funds are also available for visiting artists as well.

Jansson came to Southern during the fall 1994 semester as part of the exchange and spoke with Jim Bray, head of art the department, who is in charge of the exchange. She came here with three other students and liked it, so Jansson wanted to stay through the

Spring 1995 semester. Then she received a scholarship and decided to go for the degree in art. Jansson was disappointed in finding it is mandatory to complete core courses to earn a bachelor's degree. In Sweden, people have the basics under their belt by the time they graduate from Gymnasium (college-prep school in continental Europe, esp. Germany). Students only take major-related subjects at the universities in Sweden. Her core courses didn't transfer from Sweden, so she is repeating them.



"I decided to come to Southern for the exchange, even though I had never heard of Joplin or Missouri," said Jansson.

"When Jim Bray told me I was selected to go, I stated that it was too far away from home. I was more interested in going to school in England, but since the exchange program was only for one semester, I thought, oh, why not go and try it. And if I don't like it, then I could just go home."

She did not leave and continues to feel "more self secure and open to others." Jansson can communicate with strangers and is not embarrassed about it, either. She said it's good for a foreigner to begin his or her life in a small city, because it feels more "homey." Jansson hopes to move to a urban city someday.

A person could easily ride his or her bicycle from one side of the town to the other. Movie box office tickets are usually \$10 for adults in the larger areas of Sweden, but because her town is smaller, it costs less than \$10 for an evening movie (\$5 matinee).

"The major project I'm working on within my major is a children's book illustration and packaging deal, where I design a logo, put it together, and present it," said Jansson. "I don't know if it will be published. I can also make up a fiction story to go along with the pictures."

Jansson's helps students with computers and works in the photography studio in the art department labs. Jansson hopes to remain in the United States after she graduates in May. She wants to work in Kansas City or Minneapolis as a graphic artist, concentrating on computers and photography.

Joplin Struts Its Stuff

	May 1 Industrial Strength Progressive Dinner - Joplin/Webb City Industrial Park 6:30 p.m.
	May 7 National Prayer Breakfast - Hammon Center
	May 11-16 National Historic Preservation Week - Main Street Joplin
	May 16 Chili Cook-Off and Restaurant Olympics - Downtown Joplin - Presented by Joplin Kiwanis
Ш	May 30 B.U.G. (Bringing Up Grades) Awards - All Joplin Area Schools
Ш	June 6 Transportation Parade, Hot Air Balloon Launch, Joplin Trails Coalition 5K Walk/Run Multiple Locations TBA
Ш	June 13 Shrimpfest - McClelland Park - Presented by Daybreak Rotary
Ш	June 27 House of Lords Party - <i>Joplin's Holiday Inn - Joplin Historical Society</i>
	July 4An Old Fashioned Fourth - Schifferdecker Park12-4p.mChildren's Parade - Schifindecker Park4 p.m.Outdoor Concert - Northwest Corner, Schifferdecker Park6-8 p.m.KOAM Fireworks - Above Schifferdecker ParkFollowing Sunset
Ш	September 1 2 Celebration Walk - Downtown .loplin - Presented by Dogwood Trail Blazers
	September 26 Wild West Days & Cattle Drive - Main Street and Other Locations - Presented by Turnaround Ranch
	October 10 Dining on Memories - Downtown Joplin - Presented by Main Street Joplin

n March 2, 1998 Jean Campbell's Showcase and Missouri Southern Television hosted a festive 125th birthday party for Joplin. The program also emphasized the 60th Anniversary of Missouri Southern State College.

Guest who interviewed include: Dr. Julio Leon, MSSC president; Patrick Tuttle and Brad Belk, cochairmen for Joplin's 125th Celebration; Betty Smith, local historian; Vernon Sigars, 97 year-old resident and life-long citizen; Gengi Laas, Southern history professor; and Annette St. Clair, Southern government professor.

Governor Mel Carnahan and

State Senator Marvin Singleton sent birthday greetings. A special arrangement of "Happy Birthday" was performed by Bud Clark and students from the Southern music department.

AmeriServe prepared a cake and Cliffstar Corporation sent punch.

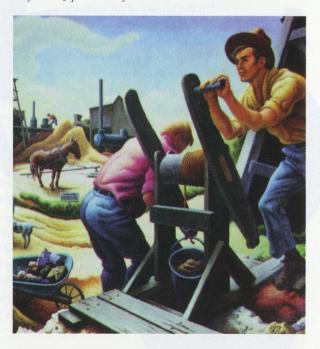
The party was taped and aired on KGCS/MSTV. It was the beginning of many events which will be held during the year of celebration.







Art from the Joplin Mural by Thomas Hart Benton



Africa: a Land of Misconception

by Michael Raska

There are many things happening in the world today, but according to one Missouri Southern student only a few of those get the attention of media and the American public. The reason for that lies in the fact, that the majority of American people somehow lost interest in countries that have no value for them. One of the forgotten worlds is Africa.

> "Many people in the United States do not know about the African history, culture, and life," said Jeff Jamaleldine, international student from Sierra

Leone. "I don't blame the people, I blame the American teaching system. If they don't teach it how can they know?"

Americans create many stereotypes about the life, culture, and history of Africa. For example, many Americans think that all Africans used to be slaves for over thousands of years.

"In the history of my country, slavery was not based on the color of your skin," said Jamaleldine. "Slaves were prisoners of

> war and criminals- they had to work. Slavery was never based on

how you looked.

Africa is extremely heterogeneous continent divided into three major parts, Jamaleldine explained. There is North Africa, which is influenced by the Arabic-Islamic culture. Then there is South Africa which is separated from the rest of continent and then there is a black Africa that is in-between North and

each country has its own culture and tradition.

"There are over a million languages (dialects) in Africa," said Jamaleldine. "In my country there are three. I personally speak two dialects."

Many Americans don't know about the current issues and violations of human rights in Africa. From genocide, slavery, mass disappearances and torture, to denial of freedom of speech or of the

> press; all this can be found somewhere in Africa, according to the International Secretariat OMCT.

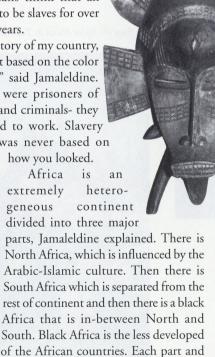
> > For example, in Kenya over 1,500 people had been killed and more than 300,000 displaced, many of them women and children, as a result of ethnic violence.

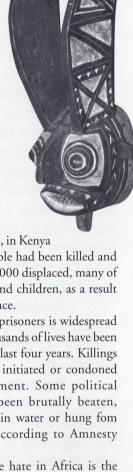
Torture of prisoners is widespread in Kenya. Thousands of lives have been claimed in the last four years. Killings are apparently initiated or condoned by the government. Some political detainees have been brutally beaten, others submerged in water or hung fom trees and beaten, according to Amnesty International.

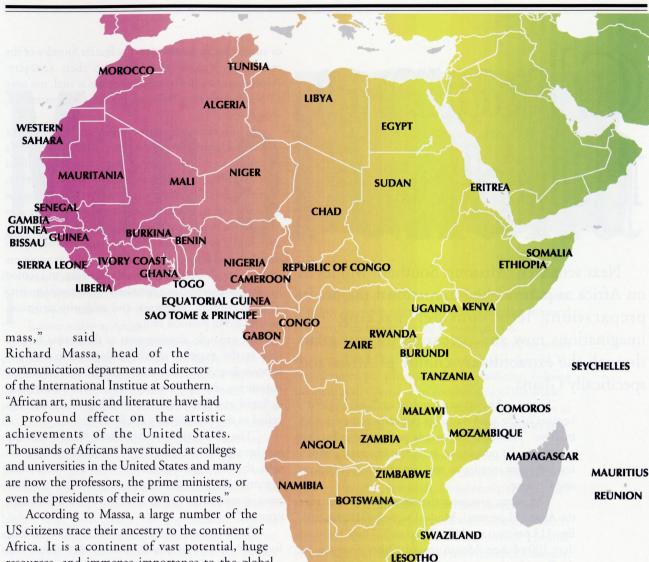
"The reason for the hate in Africa is the ethnic diversity and hunger," Jamaleldine said. "If one tribe has the power, members of this tribe are treated better than members from the other one. Being equal is hard for them to understand because they don't have the education and knowledge to see the big picture."

Missouri Southern is one of the few institutions where the international mission emphasises Africa.

"The continent of Africa represents 10 percent of the world's population and one-quarter of its land





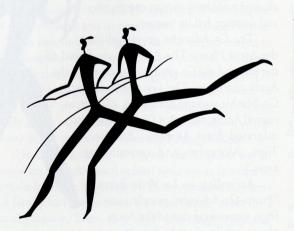


SOUTH AFRICA

resources, and immense importance to the global

Massa said, "As important as Africa is to our global future, it has been too long neglected in our consciousness."

"I think it is a pretty good idea to bring this big continent to a recognition" said Jamaleidine. Maybe people will see that Africa is more than Tarzan movies. We have big cities, banks, skyscrapers, colleges, we have all not advanced though,"



September: "Africa in Pictures and Words" will appear in a special edition of the Chart, featuring individuals recently returning from African travel. In addition, special guest lecturers will explore the politics of Africa.

October 12 - November 6: "An Art Exhibit: Africa Through the Eyes of Women Artists"

October 20: "Africana Literature and its influence on the Literature of the Americas" is a discussion featuring several speakers Jacqueline Brice-Finch, Peter Ukpokodu and A. Yemisi Jimoh.

November 5: "The Pallet Folclorico do Brasil" features a performance by the highly acclaimed Afro-Brazilian dance group,

Ghana facts by Dawn Craig

Next semester, Missouri Southern will focus on Africa as part of the international theme. In preparation, let's consider packing our imaginations now and preparing for our safari through the extraordinary culture of Africa and specifically Ghana.

Ghana is known as a republic or "land of Gold", because of the gold trade. Its population is over 17.5 million. There are 192 people per square mile. Two percent of the population is mostly European, with a few Lebanese merchants and communities of Indians and Chinese.

The ethnic groups in this part of West Africa are the Akan (44 percent), Moshi-Dagomba (16 percent), Ewe (13 percent), and Ga (8 percent). There are more than 100 of these African groups. Other examples are the Fante in the south-central area, and the Hausa to the north.

"The Akans occupy Ghana to the south and west of the Black Volta River, "said La Verle Berry, editor of the book, *Ghana: A Country Sudy.* "Historical accounts suggest that Akan groups migrated from the north to occupy the forest and coastal areas of the south as early as the thirteenth century. Some of the Akan ended up in the eastern section of Cóte d' Ivoire (Ivory Coast),

Known as a republic or "land of gold", because of the gold trade,

where they created the Baule community."

The central form of Akan society is the extended family or the abusca- the basic unit based on matriclans. Through this system, local identity and individual status, inheritance, succession to wealth and to political offices are a part of basic relations within the village community. The ownership of a symbolic carved chair

or stool, usually named after the female founder of the matriclan, linked individuals to their ancestry. Possession of a ritually important stool is vital, not only to the existence of each abusua, but also to the matriclan, altogether.

In spite of matrilineal focus of Akan societies, most traditional leadership positions are held by men. Male succession to inherited roles, however, are determined by relationship to mothers and sisters. Unlike American culture, man's valuable property is not handed to his children, but to a brother or sister's son. He may also be expected to support a maternal relative, deceased or alive. Each group controlled the land farmed by its members and functioned as a religious unit as ancestors wished. A male leader supervised marriages, and settled internal disputes among members. The homogeneitity of Akan cultures, languages, and authority structures has not led to political unity.

For example, development of the Asante Empire was at the expense of the independence of the surrounding Akan, who were quick to reinforce their autonomy, especially after 1896, when Asante was defeated and King Asantenene (king of Asante) was exiled to the Seychelles by the British.

"The Ewe live in southeastern Ghana and the southern parts of nearby Togo, " said Berry. "On the west, the Volta separates the Ewe from the Ga-Adanbe, Ga, and Akan. Oral tradition suggests that the Ewe immigrated into Ghana before the mid-fifteenth century."

The Ewe are essentially a patrilineal people. The founder of a community became the leader and succeeded by his paternal relatives. These leaders (Chiefdom) ranged from about a hundred people in one or two villages to several thousand in the group with a great amount of villages and surrounding countryside. No Ewe chiefdom gained hegemonic strength over its neighbor. Most Ewe were

farmers who kept some livestock and performed specialized craft. On the coast and inland, fishing was important. Local varieties of economic activity allowed trade between one community and another, led by women.

The Ga-Adangbe people inhabit the Accra Plains. The Adangbe are found to the east and the Ga groups to the west of the Accra coastlines. The Ga also include the Ga-Mashie groups encircling villages in central Accra, and other Ga speakers who migrated from Akwami, Anecho in Togo, Akwapim, and surrounding areas.

According to La Verle Berry, "Proto-Ga-Adangbe people came from somewhere east of the Accra plains, while another suggests a distant locale beyond the west African coast." "In spite of such historical and linguistic theories, it is agreed that the people were settled in the plains by the thirteenth century."

Despite the evidence that Proto-Ga-Adangbe speakers relied on millet and yam cultivation, the modern Ga live in what used to be fishing communities. The presence of major industrial, commercial, and

governmental institutions in the city, as well as a flock of other people into the area, has not prevented the Ga people from maintaining their traditional culture.

The principal languages of Ghana are English (official), Akan, Moshi-Dagomba, Mole-Dagbani, Ewe, and Ga-Adagme. English is the official language, because of the country's colonial association with Great Britain. The Twi dialect of Akan is the language most commonly used on a daily basis to communicate between ethnic groups.

The religions of Ghana are Muslim (30 Percent), Christian (24 percent), and other indigenous beliefs like using intermediaries to communicate with ancestors while seeking guidance. This is animism, because emphasis is placed on showing reverence for living things. Consequently, leading to a belief in wizards, witches, demons, magic potions, and other supernatural phenomena.

"The geographic area is 92,098 square miles," said *World Almanac and Book of Facts 1997.*" "The location of the country is on the southern coast of West Africa next to Cóte d' Ivoire (west), Burkina Faso (north) and Togo (east). Most of Ghana consists of low fertile plains and scrubland cut by rivers and artificial Lake Volta. The capital, Accra, has an estimated 1.8 million people."

Their president is Jerry Rawlings. On March 6, 1957, Ghana became the first colony to gain independence from Britain. There are governmental divisions. Defense is 1.5 percent of the gross domestic product. Two main industries are aluminum and light industry. The chief crops are cocoa, coffee and rice. Minerals found there are gold, manganese, industrial diamonds, and bauxite. Livestock raised there are cattle and sheep. The labor force consists of agriculture (55 percent), industry (19 percent), and sales (15 percent).

In finance, Ghana's monetary unit is the Cedi (1,658 Cedi equals \$1). The gross domestic product is \$22.6 billion. Per capita gross domestic product is \$1,310. Imports are \$1.7 billion. And exports are \$1 billion.

According to the *World Almanac and Book of Facts*, "the life expectancy for men is 54, while 58 for females. There are 35 births per 1,000 population and 11 deaths

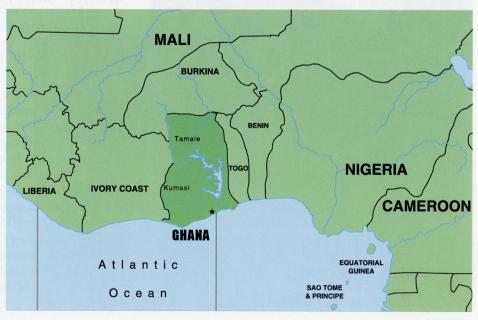
per 1,000 population. Infant mortality is 80 per 1,000 births."

The educational system is organized on three levels: primary (six years), junior secondary (three years), and senior secondary (three years). Literacy rate is 65 percent. It is compulsory for people to attend school beginning at age six and continue through age 16. The four major universities in Ghana are at Legon, Kumasi, Cape Coast, and Tamale.

The diet is mainly of yams, cassava (a starchy root), maize, plantain, and rice. Most of their meals accompany a pepper sauce made with meat, fish, or chicken. Fish is most common due to cost. Popular dishes include fufu (a dough-like combination of plantain and cassava), ampesi (a green vegetable dish) and palm or peanut oil soups and sauces.

Finally, places of interests in Ghana are the Kwame Nkrumah Memorial Mausoleum, Makola Market, and Accra Center for National Culture.

To learn more about Ghana, persons may contact their local libraries, travel bureaus, or write: Trade and Tourism Department of the Embassy of Ghana, 3512 International Drive NW, Washington, DC 20008; phone (202) 686-4520.



The Samite Experience



"I hope the people of Uganda are proud of what I am doing," said Samite, "and happy to hear it from one of their own people."

by Rachel Deyo

As the audience files in, eyes are attracted to a stage busy with lighting, speakers, and other equipment. A large tapestry hangs in the background in bright colors. With a puff-sizzle, smoke floats from the darkness. The testing of effects alerts audience members of the performance to come.

The group, Samite, Emma, and Mar take their positions on the stage. He greets his audience with a "Chickatee". Sounds of nature relax the crowd and Samite's soothing voice communicates powerful emotion. The show begins.

Samite shares laughter with the crowd as he introduces the next song called Muno Muno. It tells the story of a young boy who grows hair on his chest. The boy becomes arrogant and challenges a spirit who scares the boy into shaving. Audience members show their appreciation for the lively guitar music and clap with the beat of the congas.

"I hope that when I leave, people remember something about the music," said Samite, "Not so much as loud and wild, but as different and beautiful."

Onlookers became a larger part of the show when Samite shares a beautiful lullaby containing the message "don't be afraid of the dark". Emma's electric guitar combines with Samite's thumb piano and Mar's subtle conga beats to form a soft and inspiring melody.

After the lullaby, the audience is introduced to another character. Listeners are captivated as Samite brings to life the story of a man called "homeless." He holds their full attention as these words rise from his heart to fill the auditorium: "My name is not homeless, my momma calls me baa-by". He has truly touched the people.

Samite picks up the mood with sharp flute music and something occurs in the crowd. They are dancing! First

the little children, then the adults. Even faculty members raise their arms and legs in joyous appreciation of the music. People swing their hips to the conga beat. Samite smiles. He is pleased. The audience is not "wasting the music".

Samite uses an instrument called an echoplate to create continuous sounds in his music. Various percussion instruments like shakers are used in the beginning of a song and recorded to play throughout the piece leaving the performer's hands free to play other instruments.

For one particular song, Samite records his own voice singing an emotional melody. He then sings along with it as a duet. His voice continues to pour into the microphone with different pitches and changes until the audience hears a chorus of Samite, harmonizing perfectly.

Later, the crowd becomes a wave of hands as they sway their arms to the music. Samite makes a flute sing to the audience in a rich blend of notes.

Audience participation increases as the show draws to a close. They move toward the stage and crowd the aisle enrapt in the music. They are dancing again.

Samite asks for house lights.

"I want to see the eyes of the people," he says. "If you want more, you must ask for it."

The crowd responds with clapping hands and cheers.

"All right," Samite says.

He begins on the marimba with a delightful piece, joined by the congas and guitar.

Now it is Mar's turn. Emma and Samite step back as he explodes with energy. The drums sound as if they will jump off the stage and dance with the audience. The audience moves and claps in appreciation. And it is over- just as quickly as it began.

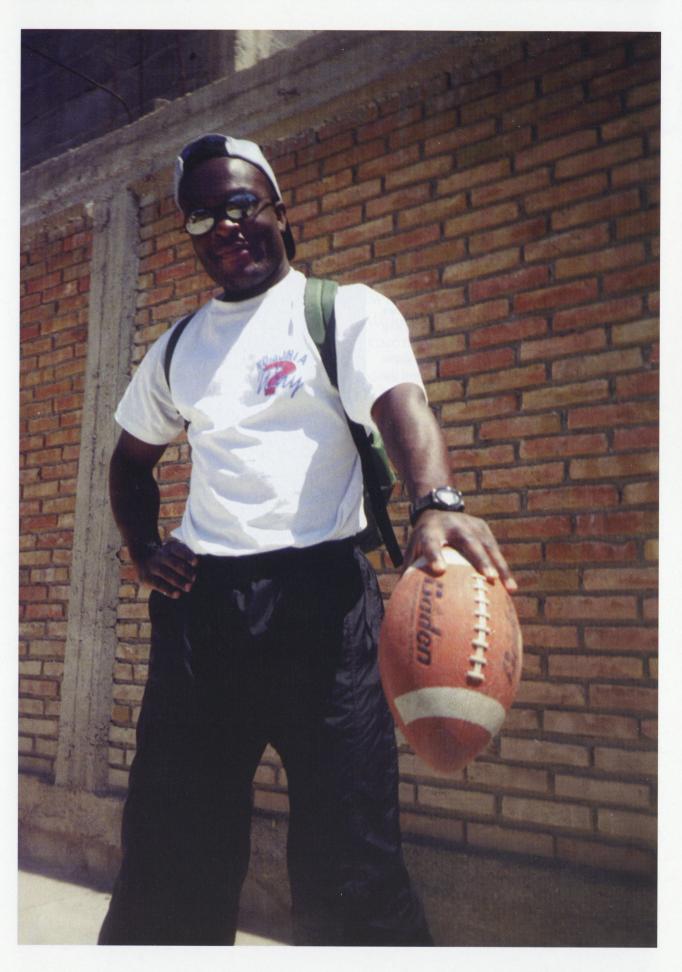
The audience slowly leaves the auditorium and pause to shake the hand of the magical musician. They go home with the memories of their evening of Ugandan music and the inspiring Samite.



Emma spent much time in South Africa. When he performs, the audience can tell he is enjoying the music he creates.

The audience enjoyed percussionist Mar Gueye. He had a few opportunities during the show to cut loose and give them a taste of a real beat.





Crossroads: The Magazine

Man of Ghana

by Dawn Craig

n the land where exotic animals dash across miles of open territory is the breathtaking continent known today as Africa.

Toney Hayibor, a student currently majoring in premedicine, was born and raised in Ghana, Africa. For much of his life he has lived in Accura, the capital of Ghana. It is located right on the Atlantic Ocean, in the southeast corner of Ghana. He also lived in Saudi Arabia four years, because his parents worked in a government operated hospital, while doing missionary activities.

"It all started when I was six, seven, or eight-yearsold, " said Hayibor. "My father and mother were attending pharmacy school to become doctors. The reason I left Saudi was that at any sort of education higher than tenth grade, the government requires students to take their Islamic courses on the Koran, no matter what. But I didn't want to since I am a Christian, so my parents sent me to a private christian high school in South Dakota."

He attended Sunshine Bible Academy for three years, studying the basics, and going to chapel services twice a week. Hayibor took a Bible memorization class where he committed many passages to memory. Fortunately, Josh Udell, another academy student who knew him, encouraged Hayibor to come here to Missouri Southern.

The young men's parents had worked together for the same hospital in Saudi. He applied and was accepted at other colleges and universities in the United States.

His link to Udell and the fact his friend moved to Carl Junction, convinced Hayibor to choose Southern.

"My dad still works at the government hospital in Riyadh, Saudi Arabia, but mom now stays home to take care of my younger sisters, "said Hayibor. "They study at the American school, the same school where many of the military families send their children."

He is still a citizen of Ghana and Hayibor has to renew his visa/greencard at least once a year, in order to remain legally in this country. Every summer, he meets his family halfway between here and Saudi Arabia for a small vacation. Then, they travel to his hometown and to visit his grandparents. Relatives catch up on events

happening in their lives and elsewhere in Ghana. Hayibor says sometimes it is possible for him to spend time with his family during Christmas, too.

After he graduates from Southern, Hayibor wants to attend medical school and obtain his M.D. certification. He plans to practice medicine, helping the natives in Ghana or in another area of the world.

"The situation there in Ghana is bad, but not as severe as Ethiopia, "said Hayibor. "The people are poor and after all, it is a third-world country."

His studies usually keep him busy, leaving little time for recreation. Yet, Hayibor does manage to sneak some quality time with his friends. Ocassionally, they manage to squeeze in a game of baseball and racquetball.

As a Freshman, he practiced with Southern's soccer team with the coach's permission. However, Hayibor arrived here too late to play as a team member. Presently, he is devoted to the International Club.

According to Hayibor, "College is cool, but a lot of work," he said.

"Southern has made me into a more responsible person. I used to believe that maturity comes with age, but now I realize it comes with being responsible for something like my work. I care about my grades, so I have to work hard and do my homework."

Travels and experiencing life in other settings, has molded Hayibor's personality into who he is today. It has also influnced how his dreams can transform into a realization with hard work and dermination.

by Michael Raska

Do you consider life dangerous today? It seems to me as we move closer to a new millennium there are increasingly more things that people consider a danger. In the news people constantly hear the latest reports on what is supposed to be good for you and what is not. People become more susceptible to information

overload and, in my opinion, cannot line-up in such information chaos.

Being aware of everything that is supposed to be dangerous for people is virtually impossible. Everything today is somehow dangerous. One who watches for all the so-called dangerous things is hardly able to live at all. One would have to stay continually in a super clean room, breathing through an oxygen machine, and never go out. One would have no reason to survive, no reason to live, and no reason to die.

I believe that human life in itself is a hidden danger. People became too ruined, consciously destroying themselves and their planet. People converge only on themselves while

foolishly destroying all the natural resources on this

planet. It does not have to be this way, does it?

Many people are not aware that hidden dangers are all around them. They don't know much about the soft toys made with PVC (polyvinyl chloride) which contain hazardous chemicals that can be ingested by children when the toys are sucked or chewed. People don't know about hidden dangers on the highways where the transport of nuclear materials takes place at every stage of the nuclear fuel cycle. These shipments involve significant and unjustifiable risks to human health and the environment. Hidden dangers are in the food, in the water, in air, you name it.

Sometimes one does not know what and whom to trust. I remember times when eggs and milk supposedly were harmful to the body; now they are good and healthy again. There are many examples such as eggs. I wonder how it is going to be in the future. What popular things will we someday face as dangers?

This issue of *Crossroads* tries to focus on some today's hidden dangers. They range from different areas of life. Some of them are more important than others. As you will read them, maybe you will take something from them. However, remember, that the greatest hidden danger is in ourselves and if we don't change, we will dissolve.



To buy or not to buy?

by Joetta Wigger

It's small, rectangular, fits in a wallet or purse and it is made of plastic. You probably get an offer for one in the mail or on the phone every week. If you haven't guessed by now, I'm talking about credit cards. I know all about those. I used to sell them.

I know what you are thinking - one of those annoying people on the phone who keeps talking no matter how many times you say no and tries to sell you something you definitely do not need. You are right, for the most part. I personally don't think I am all that annoying as a regular person, but my former job was different. I had to be aggressive and never take no for an answer. I knew all about the cards I was selling. I tried every way I could to get college students like you to order something you did not need and could not afford. Besides the elderly, college students are the easiest group to sell.

I had this job for two summers while I was in high school. At that time, I was not aware of how poor college students really are. I knew that they were usually low on money. However, they are able to accumulate high levels of credit debt. Now that I am a college student, I completely understand. Bad credit among college students is a serious problem.

I have three cards: Visa, JCPenny, and Famous Barr. I hardly use the two department store cards because I am a bit of a cheapskate and hardly ever buy clothes or jewelry for myself. I live on campus so I don't have to buy meals. What I end up buying most are gas, plus shampoo, soap, snacks, etc., at Walmart my shopping hot spot. I thought that it would be pretty cheap - just buying these essentials and staying away from retail stores and eating places. That was a misconception. We all know that when you go to "Wally World" you don't just go there to buy what you have on your list. You have to buy at least two or three more things. That can add up. I just give the cashier my card, she slides it through the machine, and I'm on my way. I'll worry about paying later. After the first couple of times paying a great deal of money at Walmart, I learned my lesson. I hated seeing the outrageous bills.

Gas is another thing. The freedom to go anywhere you want, whenever you want is awesome. I feel that way until I get the bill for all the gas I used. Sometimes I think I am going to have to start walking to Walmart with a short list in my hand that I intend to stick to, just to save on money.

Fortunately, I have always paid my bills on time and have never had to worry about interest rates. I have friends who are not so fortunate. One friend has "maxed" out two credit cards. He is still paying on them and requested a new card to pay for something else. Another friend has a credit card with no grace period and was charged \$20 for being overextended \$1. One woman told me about her daughter and son-in-law who were paying excessive credit card payments. They neglected to read the fine print and didn't understand the billings.

Credit cards are a big business. Believe me, I know. College students need to be careful when applying for a credit card. Here are some tips to make sure you don't end up with bad credit.

- 1. Make sure your credit card has no annual fee and a low Annual Percentage Rate.
- 2. Try to pay your bill before the grace period is up so that you won't have to worry about the interest costs. Despite your best efforts to find a card with a low APR, you probably won't find one.
- 3. If you don't absolutely need the item and you won't be able to pay it off on time, don't buy it. You can probably get along without it.
- 4. Save your money. You never know when an emergency is going to come up and you'll need that money.
- 5. Use the card as little as possible. You'll have enough bills to pay after college. Don't add to them when you don't need to.
- 6. Keep track of when you do use it. That way, no surprise charges will come through on the bill.
- 7 Save your receipts. This documents all purchases.
- 8. When a telemarketer calls and you know you don't need the card and the person won't take no for an answer, hang up! The telemarketer has to get about three no's before he/she can let you go. Under no circumstances, should you give your social security number over the phone!



The Student Stress Factor

by Marla Hinkle

With the fast pace of today's demanding careers and college classes, it it no surprise that many people are faced with the risk factors associated with stress. The symptoms caused by high stress according to Stephen Burns, M.D., author of *How to Survive Unbearable Stress* include a wide array of complaints.

"People complain of being tired, unable to fall asleep or to obtain a restful night's sleep. They have plagues of aches and pains, lack of energy, lack or enjoyment of life. They feel depressed, anxious, or just unable to cope with life," said Burns.

Burns states that 10% of our population has an inherited low stress tolerance, which means that the person's positive or "happy messengers" quit working at stress levels which the rest of the population would consider normal everyday stress. People that have this low stress tolerance will be operating his or her life in practically permanent overstress. He went on to say that even though the numbers do not sound that high, it is a significant chunk of the population.

"Since one in ten persons have inherited this factor that means that a large number of people are unable to cope with daily life," he said.

According to Burns, the three brain chemicals needed to keep a person at a satisfactory mental state are serotonin, noradrenalin, and dopamine. These are the brain chemicals that begin to malfunction when stress levels become more than a person can handle. Serotonin helps you sleep and sets your "body clock" which helps to keep the various function of the body coordinated. The body clock in turn helps regulate the body temperature, and the stress fighting hormone, cortisol. When cortisol secretion is high, the body shifts to a "war footing." It is prepared for such stress conditions as hunger, trauma, hemorrhage, fighting, or running. Dopamine is the bodies pleasure center. When too much stress causes failure of dopamine functioning, it also cases loss of your body's natural "pain killer." Dopamine also runs your body's "pleasure center," which is the area of the brain that allows you to enjoy life. When stress interferes with you dopamine function, the pleasure center becomes inoperative.

Normally pleasureful activities no longer give any pleasure. With severe dopamine/endorphin malfunction, life becomes painful and devoid of any pleasure.

One of the groups at high risk for stress induced traumas is college students. The demands placed on students are sometimes enormous. There are gpa's to worry about, test anxiety, extracurricular activity commitments, and general performance anxiety in relation to how well one does in comparison to fellow students.

A varying range of responses occurred from three students from different colleges.

"When I moved here from California, the stress from missing my friends was terrible,"

said Jovan McCormack, communications major. "I deal with the stress by turning to the Lord, and through meditation and prayer, feel a sense of peace."

Jason Lahtinen, senior computer science major form York University in Ontario Canada, says that he deals with stress by running and spending time talking with friends on the internet.

"I enjoy the outdoors and when I feel too stressed out from the demands of school and work, I like to go running or roller blading. It is also relaxing for me to spend time talking with the friends I have made on the internet."

Chris Lapeyrouse, a senior pre-chemistry major from Nicholls State University in Thibidaux Louisiana, says that he releases tension by going out with friends to clubs and dancing.

"I enjoy going out with the guys from my fraternity, Sigma Pi, and just letting loose on the dance floor."

Following is a stress quiz to help determine where you fit in.

Student Stress Scale

The Student Stress Scale represents an adaptation of Holmes and Rahe's Social Readjustment Rating Scale. Each even is given a score that represents the amount of readjustment a person has to make in life as a result of the change. People with scores of 300 and higher have a high health risk. People scoring between 150 and 300 points have about a 50-50 chance of serious health change within two years. People scoring below 150 have a 1 in 3 chance of serious health change within two years. Calculate your total Life Change Score (LCU) each month of this year and then correlate those scores with any changes in your health status.

Circle those appropiate to you.	
Event	Life Change Unit
Death of a close family member	100
Death of a close friend	73 (1000) (100)
Divorce between parents	65 200 60 60
Jail term	63
Major personal injury or illness	63
Marriage	58
Being fired from job	50
Failing an important course	47
Change in health of family member	45
Pregnancy	45
Sex problems	1979 1999 1994 1995 1995 1995 1995 1995 199
Serious argument with close friend	40
Change in financial status	39
Change of major	39 10 10 10 10 10 10 10 10 10 10 10 10 10
Trouble with parents	39 C 100 Am. 3
New girlfriend or boyfriend	39
Increased workload at school	37
Outstanding personal achievement	36
First semester in college	35
Change in living conditions	31
Serious argument with instructor	30
Lower grades than expected	29
Change in sleeping habits	29
Change in social activities	29
Change in eating habits	28
Chronic car trouble	26
Change in number of family get-togethers	26
Too many missed classes	25
Change of college	24
Dropping of more than one class	23
Minor traffic violations	20
My first total My second total M	My third total (date)

Hopefully, taking this scale into consideration will help you to better determine what you might need to change or at least evaluate to make you a more stress free person.

For Serious Athletes only

by Scott McCord

Ever since the first Olympic games in 776 BC, man has been striving to find that competitive edge against his rival.

There have been feeble attempts to create a product that would enhance the performance and strength in competition. None have proven to be effective however, until now. Within the past few years, a new supplement has hit the market and is making quite a name for itself. It's called creatine monohydrate.

Creatine is a natural substance produced by the body, made by the liver, kidney, and the pancreas. Creatine is also found in meat and fish. However, to consume the amount shown by research to have an affect on the body, you would have to eat anywhere from five to 25 pounds of beef daily. That's about one cow per week.

A process called creatine loading with supplements would probably work better. Creatine loading consists of taking, on average, 20-25 grams each day for the first four to five days. After the loading phase, a maintenance phase starts. Anywhere from five to 15 grams should be taken each day during this phase. One table spoon equals five grams.

Creatine has caused quite a stir among serious athletes. Everybody from Olympic athletes to players in the NFL and NBA are using it. Creatine has even made a big impact at Missouri Southern.

Southern track coach, Tom Rutledge, has researched every aspect of creatine and decided that it could work for his athletes.

"Since my athletes have been on it, I've seen stronger performances and better times," said Rutledge. "Creatine does enhance explosiveness by increasing muscle strength."

Although Rutledge allows his athletes to use creatine, he does monitor their use.

"Creatine only works if you monitor it. If you take too much, your wasting money because it won't work."

To understand how creatine works, you'll have to learn a little biology. We'll go slowly. Your muscles use oxygen to make energy. They make energy by breaking down a chemical known as adenosine triphosphate (ATP) into another chemical called adenosine diphosphate (ADP). Using oxygen is a slow process. So, when your muscles need quick, explosive power, such as weightlifting or sprinting, they bypass the oxygen and go straight for the ATP for energy.

This is where creatine comes into effect. When creatine is produced by the body, it is stored in the muscles, where it's used to make creatine phosphate (CP), an important substance that helps speed up the regeneration of ATP.

So, in other words, creatine allows more ATP to be available to create even more energy. Theoretically, if you were to take in more creatine, you would make more CP, which would allow the muscles to create more energy. This allows your muscles to do more work at a higher intensity. This would be the perfect tool for athletes who need explosive power.

However, if you're not a serious athlete, don't run out and buy a bottle of creatine after you're finished reading this article. Contrary to what most people may think, creatine doesn't work for anybody.

"If you're not a serious athlete on a regular and strict training schedule, you're wasting money if you're buying creatine," said Rutledge. "If you're someone who works out only two or three times a week, you would benefit more from maintaining a proper diet than using creatine."

According to sales at health stores, more than just serious athletes appear to be purchasing creatine.

"We've been selling it (creatine) like crazy. We go through at least 50 bottles per week," said Adam Morris, manager at General Nutrition Center in Joplin.

If you're still sold on creatine, you better have inherited your great aunt's fortune because it's not cheap. Creatine runs anywhere from \$21 for a 100 gram bottle to \$120 for a 1000 gram bottle. Don't forget that when creatine is taken, 20-25 grams should be taken each day during the loading phase. That works out to one 100 gram bottle of creatine every four days. Creatine is best suited for professional athletes who have trainers and ironically, probably enough money to pay for it when they usually receive it for free.

There are skeptics of creatine, but there have been no known side effects proven other than muscle cramping due to a depletion of electrolytes.

"The only side effect of creatine is the cramping of the muscles," said Rutledge. "but, if you drink the amount of water that you're supposed to drink each day, the cramping does not occur."

Creatine has proven successful in the short-term use, but the supplement is so new that there have been

no studies on the long-term effects.

"I'd be worried to put any substance in my body that has questionable results concerning long-term effects," said Stacy Mangum, Clinical Assistant Professor, Division of Pharmacy for the University of Missouri in Kansas City. "I would think twice about loading huge amounts of a substance into your body that it already produced naturally. Who knows what the long-term effects could be?"

Creatine may be a legitimate supplement, but one day it may be on one of the lists of illegal substances. With the market steadily growing for creatine, you can bet there will be more studies to see if it is a potential health risk.

Unless you're planning on going head to head with Michael Johnson, it's probably best that you stay away from creatine. On the other hand, if you're a serious athlete, competing on a team with a regular workout, you may want to give it a shot. If your performance does increase, remember the article that inspired you.



Prozac: helpful drug or harmful substance

by Marla Hinkle

Help for depression or harmful dependency? That is the question that most people have raised about Prozac. Most people experience depression at some point in their lives, but how the depression is handled is cause for concern.

According to an article published by East End Mood Disorder of Manhattan, gone are the days when medication was given only to those deeply depressed. Today, psychiatrist are treating more young, active, healthy people who are burdened with anxieties and feel that they could be performing at a higher level.

On the positive side of Prozac use, increases of concentration abilities, energy, and mental acuity have been reported in users. Prozac has also been found to be effective in treating panic disorders and other types of phobias.

It is also reported as being very useful in treating obsessional thought and compulsive behavior.

People with these types of mental disorders start to function a at much higher level, and claim to feel less oppressed by life and generally happier.

A pharmacist at the Fayetteville Diagnostic Clinic in Fayetteville AR, Dan Long says that prozac is popular among the college -aged crowd.

"Prozac is the most popular antidepressant among the 17-25 age group. About 40% of this age group is on prozac," said Long. "It chemically increases seretonum in the brain to make a person feel more relaxed, a feeling of no worries, no anxiety or panic attacks,".

When asked about the side effects of Prozac, Long mentioned some of the most common as loss of sex drive, not caring about anything, dizziness, headaches, and numerous other symptoms.

The use of Prozac has been prescribed for more the seven million Americans.

The use of Flow States can help people overcome despression naturally, without the help of prozac, according to Mihaly Csikszentmihalyi, P.H.D., and author of "Flow, The Psychology of Optimal Experience," the levels of challenging oneself.

*Challenges must not be too impossible to obtain, or they'll overwhelm and discourage. They must also be hard enough, otherwise the person will become bored.

*Increase in challenge over time to be effective.

*Consistent and Significant.

*Have specific goals and describe them in detail. Since its inception into the medical world in 1987, Prozac has become the world's most widely used antidepressant drug. Some symptoms to look for include: depressed mood, thoughts of suicide, trouble sleeping.

In determining happiness and satisfaction, take a look at the mood level chart by InnerNet Research to find out where you fit in.

Mood Levels

Mania

Inner Emotional States

Overoptomistic, bombastic, grandiose, impulsive, overtalkative, meddlesome, insensitive, pushy.

Outer Rewards and Payoffs

No rewards. On this mood level you may endanger yourself and others. Just think of "I can fly!" or "I will save the world!" or "I must take you out with me!"

Boldness

Self-confident, optimistic, high self-esteem, courageous, leadership qualities, determination. This is the inner state experienced naturally and automatically by 10 to 20 percent of the population. ("the fortunate few"). If your among the other 80 percent you'll get to this optimal state of brain biochemistry rarely and usually by accident: You'll perform some amazingly bold action and exclaim afterwards: I don't know what came over me!"

A mood level of "So what-the

blahs Few social leaving

Higher outer-world
Far higher income:
average 5 to times higher
than timid individuals.
Larger home, larger and
newer are, large circle of
friends, many more social
contacts. Greater
experience of aliveness,
optimism, self-confidence
and joy.

Neutral Mood

me cold." Inertia may trap you at this mood level because it requires almost no energy to maintain it. Few social and financial rewards. This mood level may have had survival value generations ago ("Don't rock the boat!") but is no longer useful in today's fast paced world.

Timidity

Also called dysthymia, meaning "low in spirits." Defined as shy and brooding, gloomy, lethargic,self-denigrating, melancholy, mildy depressed. If you have trouble with promoting yourself, selling, cold-calling, presenting and generally moving your agenda forward, this is the state that is holding you back feeling of being alive.

Minimal rewards.
Statistically lower income, small living area, older or no car, fewer friends, few social contacts. Stuck in unrewarding ruts, persistently losing propositions. Rarely undertaking new projects or endeavors. Rarely or never operate at full steam or enjoying the

Depression

Serious inner state with some or all of the following: Fatigued, indecisive, low or lost sex drive, non-specific (vague) anxiety and guilt, hopelessness, withdrawal from people, harboring suicidal thoughts. No rewards. In depression, like in mania at the other end of the scale, you may endanger yourself and others. The phrase of "What's the use?" and "I will jump!" are commonly used phrases with this type of behavior.

Drive accordingly

by Scott McCord

They're convenient, they're fun, they're considered the station wagons of the nineties, and they've been the topic of a lot of controversy in the media. They're sport utility vehicles.

Sport utility vehicles have been outselling minivans in the market recently. With their increasing popularity come increasing accidents.

The most commonly shared view about the danger of SUVs are their susceptibility to rolling over. SUVs have a higher center of gravity because they set higher off the ground. This increases their chance of tipping over when they make a sudden turn at high speeds. The fact that they stand a better chance of rolling over than an ordinary car may be the most obvious danger of SUVs, but it is not the most common. In fact, there have rarely been incidents of SUVs rolling over when it couldn't have been prevented.

The most common danger of SUVs is the lack of driver education concerning them, according to Dale Wano, Sales Manager for Tri-State Import Cars, Inc. in Joplin.

"When SUVs are involved in roll-over accidents, it's most likely the drivers' faults because when they bought the SUV, they probably weren't instructed on the difference between driving an SUV and a normal car," said Wano. "Most people are going from sports cars to SUVs and they try to drive them the same way."

Although most SUVs sold today are going to face the same driving situations of an ordinary sedan, they do not have the maneuvering capabilities of a car and should not be driven that way.

"The SUVs are not set up for cornering," said Mike Hatfield, salesman at Continental Jeep-Eagle in Joplin. "They don't have the turning

suspensions on them like the cars do. They're built for off-road."

"They're (SUVs) set up to have higher ground clearance and are made for a different type of driving situation. You can't drive a Honda Prelude off-road," said Hatfield.

The tendency to believe that SUVs of today are prone to roll-over accidents probably stem from the earlier versions of the vehicles, according to Hatfield.

"When the older Jeeps and Broncos had shorter wheelbases, they did have a tendency to roll over, but now they are made with longer wheelbases, which makes them safer," said Hatfield.

The fact they are expensive in every aspect doesn't even keep people from buying them. The Insurance Institute for Highway Safety has performed crash tests on SUVs and determined their crashworthiness. The repair costs on the five mph bumper performance crash tests revealed that most SUVs are very costly to repair.

When the Toyota 4Runner was backed into a flat barrier, repair costs were estimated at \$2,026. When the 4Runner was backed into a pole the damage was even greater, costing \$2,473 to repair. A total of four collision tests were conducted concerning the five mph bumper performance. After all four tests, the total estimated cost to repair the 4Runner was \$7,280.

The Isuzu Rodeo was even more expensive to repair, costing an estimated \$7,765 in damage after all four tests.

The fact that SUVs incur so much damage when involved in rear collisions is due to the lack of a crush zone in the rear of the vehicles.

"You cannot put a crush zone in the rear of an SUV because there is no place to distribute the energy in a collision. However, neither a van nor a station



wagon have a crush zone in the rear," said Wano.

A crush zone is the part of a vehicle that is made to absorb most of the energy during impact. This increases the safety of the driver. In fact, when the Institute tested the SUVs in frontal offset crash tests, where they do have crush zones, the majority of the vehicles came out with an overall good evaluation.

Not only is the damage to the SUVs expensive, but so are their price, along with the amount of gas that they use.

"The gas mileage of the SUVs is very poor because they're heavier than most vehicles and have to be built sturdier to go off-road," said Wano. "They also have more power, which decreases their gas mileage."

Despite all the facts that SUVs are not an economical vehicle, they are still dominating the market.

"SUVs seem to be the most popular vehicle now.

They are considered status symbols because they are so expensive," said Hatfield.

Another reason SUVs are selling so well is because they are starting to replace the van, according to Wano.

"People are turning to SUVs because they don't want to drive a van.," said Wano. "Most people don't want to admit that they need a van, so they go to an SUV. If you had a choice between a van and an SUV, which would you pick?"

SUV sales are still growing and with the increased level of sales needs to come an increased awareness of the capabilities and limitations of the vehicles. Drivers need to know what their SUV can and can't do on the highway. An increased awareness would probably result in a decreased accident rate. But until then, SUV accidents will continue, and it won't necessarily be the vehicle at fault.

Crossroads

Crossroads invites you to participate in our coming issue about experience and education. You may contribute your thoughts.

- * Which do you consider most important to success; education or experience? And why?
- * How do you think these factors interact generally in your particular career field?
- * How do you think young Americans rate in the global job market?
- * How do the roles of education and experience contribute to career seeking in the global market?

Crossroads: The Magazine will publish selected articles. Contact Crossroads to discuss your ideas for an article. We need your articles by June 1, 1998. Your contribution and support will be greatly appreciated!

Danger is in the air

by Dawn Craig

Some individuals struggle to survive with suffocating toxins in the air, while most of us take for granted the ability to breathe the air around us.

People who have these symptoms are: industrial workers, teachers, students, office and health care workers in tight buildings; chemical accident victims; individuals living near toxic waste sites with highly polluted air or water; persons exposed to various chemicals in consumer products; pharmaceuticals, and Gulf War victims. These examples reflect a proven fact-no one can escape this problem. It can happen to everyone at any time or any place. There is hope.

Dixie Peterson, (mother of Tron Peterson who is a campus minister with Koininia), diagnosed as a chemically hypersensitive woman, shares her experience and how it drastically changed her lifestyle.

"In 1982, I was referred to a specialist in immune system problems. But weeks before the appointment I became so ill, my husband Bob booked an emergency flight to Dallas, where I was admitted to an environmental hospital unit."

Extensive testing revealed a rare illness in which 19 chemicals well-known to our environment, especially farm pesticides, had impaired her immune system. Vomiting, diarrhea, numbness in the extremities, and heart palpitations were some of the reactions that took Peterson away from her family and their farm home in Oronogo.

The only way she could possibly recover was by not moving into their family's brick home, built in 1977. This was because of the building materials, carpeting, and furniture inside the house.

Instead, Peterson moved in to a small aluminum trailer, which her husband had gutted and papered inside with aluminum foil. The floor was unvarnished wood. The trailer was two miles from the other house, located in a wooded area where the foliage and prevailing winds would give some protection from drifting sprays.

"My husband had to learn a new way to farm," Peterson said. "This method excluded chemical fertilizers, herbicides, and pesticides. He started with the 160 acres surrounding the house where we now live, in order to provide a safe island of land for me and the three boys."

Today, her three grown sons rely their faith to combat the illness that struck them, too. Peterson has written articles about her health problems and a video was made titled, *Ventures In Faith*. It is a production of Good News Productions International of Joplin. A copy

is available for check out at the Ozark Christian College Library. These tools she hopes will inspire others who may be encountering the same effects of exposure to chemicals.

Peterson feels best when avoiding chemicals she is most allergic to, consuming organically-grown foods, and staying in a safe environment. She also commented on hearing rumors of two radioactive dumps within a 25 mile radius in Joplin.

Dr. Ann Marlowe, professor of English, also has reactions to these pollutants. Her main concern is secondhand smoke, so after years of having put up with increased smoking in Hearnes Hall, she decided it was time to settle at Matthews Hall, even though this building houses the business and computer departments. In 1978, Marlowe finally began to realize she was allergic to tobacco smoke. She says some people with her problem are considered abnormal and treated disrespectfully.

"People that don't fit into the general mode are sometimes considered nuts, insane, or making it up," said Marlowe. "More doctors are becoming aware of

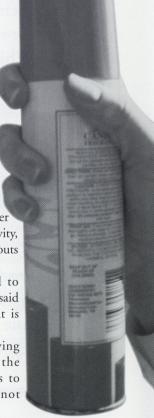
these pollutants and many people are affected. As a result, more respiratory problems are prescripted."

When someone is environmentally sensitive, she says the body is like a "rain barrel." It can only handle so much and becomes increasingly sensitive to different types of things. Some perfumes sold commercially contain pesticides used to keep insects away, because the aroma would attract them.

Marlowe didn't have many serious health problems as a child, only a minor case of hay fever. Her family mainly has respiratory sensitivity, but luckily few heart difficulties or bouts with cancer.

"Another reason I relocated to Matthews is the Xerox machines," said Marlowe. "They use a toner that is extremely toxic."

In Marlowe's case, with having spent almost \$15,000 for the sophisticated tests, her reactions to chemicals obviously are not



hypochondria. A specialized brain spec test registered a certain amount of chemicals with which she came in contact. So, there is a chemical action-reaction that occurs.

Dwayne Knight, assistant professor of biology, worked as an industrial hygienist in Pitcher, Okla., doing some lead training on-site. His job entailed recognizing hazards, evaluating hazards, and trying to control them. The health and safety side of his career was insuring worker safety, preventing accidents, and decreasing worker's compensation. He says the main danger in the Joplin area is lead. Lead use is inexpensive and widely available to the public.

"The problem is that this four-state region is an old mining area," said Knight. "Waste from the lead industry is chat and a lot mistake it for gravel. They use their trucks to collect the substance, then pour it in their driveways."

Families whose small children less than seven yearsof-age are more susceptible to these hazards. Lead affects the primary nervous system. The exposure is made through ingestion. When children play on the playground equipment in their backyards, they tend to get down on all fours, playing in gravel, and putting their hands into their mouth. In the Picher, Quawpaw, and Commerce, Okla. areas, yards are being excavated, because they contain high percentages of lead. Children there have been tested for the material and doctors found an acceptable level of it in their bloodstream. The EPA (Environmental Protection Agency) is assisting with the Tar Creek mud site in Picher and millions of dollars have been spent, trying to remove the chemical. They hope to dig those yards down to an acceptable level. Then they will come in to refill the topsoil. The families with small children are top priority when it comes to removing the lead for this project.

Michael Fletcher, assistant professor of biology mentioned the ozone problem Tulsa has each summer.

"Every summer, people are asked not to mow their lawns or put gas in vehicles, because letting pollutants out decreases the ozone layer," he said.

There is no overnight solution. It may take another millennium for society to wake up and realize what they are doing to themselves and each other. Do we really profit from growing our crops almost 100 percent scientifically perfect? Is our health or making money more important? It is up to us to make a difference. What will it be, life or death?

Compiled by Julia Kendall, Co-Chair, Citizens for a Toxic-Free Marin

ACETONE(In cologne, dishwashing liquid and detergent, nail enamel remover.)-On EPA, RCRA, CERCLA Hazardous Waste lists. "Inhalation can cause dryness of the mouth and throat; dizziness, nausea, incoordination, slurred speech, drowsiness, and, in severe exposures, coma." Acts primarily as a central nervous system depressant.

BENZALDEHYDE(In perfume, cologne, hairspray, laundry bleach, deodorants, detergent, vaseline lotion, shaving cream, shampoo, bar soap, dishwasher detergent.) It is a narcotic and sensitizer. "Local anesthetic, CNS depressant. . .Causes irritation to the mouth, throat, eyes, skin, lungs, and gastrointestinal tract. GI tract irritation results in nausea and abdominal pain. May cause kidney damage. Do not use with contact lenses."

BENZYL ACETATE(In perfume, cologne, shampoo, fabric softener, stickup air freshener, dishwashing liquid and detergent, soap, hairspray, bleach, after shave, deodorants) Carcinogenic linked to pancreatic cancer. "From vapors; irritating to the eyes and respiratory passages, producing cough. In mice hyperanemia of the lungs. May be absorbed through the skin causing systemic effects."

BENZYL ALCOHOL(In perfume, cologne, soap, shampoo, nail enamel remover, air freshener, laundry bleach and detergent, vaseline lotion, deodorants, and fabric softener.) "Irritating to the upper respiratory passages, headache, nausea, vomiting, dizziness, drop in blood pressure, CNS depression, and *death* in severe cases due to respiratory failure."

CAMPHOR(In perfume, shaving cream, nail enamel, fabric softener, dishwasher detergent, nail color, stickup air freshener) "A local irritant and CNS stimulant readily absorbed through body tissues. Irritates eyes, nose and throat. Causes dizziness, confusion, nausea, twitching musclesand convulsion." Avoid inhalation of vapors.

ETHANOL(In perfume, hairspray, shampoo, fabric softener, dishwashing liquid and detergent, laundry detergent, shaving cream, soap, vaseline lotion, air fresheners, nail color and remover, paint and varnish remover.) Appears on the EPA'sHazardousWaste List. "Causes fatigue, eyeirritation and uper respiratory tract even in low concentrations. Symptoms include an initial stimulatory effect followed by drowsiness Impaired vision, antaxia, then stupor results." Causes CNS disorder.

Tylenol: What You Don't Know Can Hurt You

By Kerensa Evans

I investigated the topic of Tylenol overdosing for three main reasons: first, because my Aunt Linda died from taking too much Tylenol. My aunt had been in a bad car wreck that left her with some pain. To alleviate this, she took Tylenol. This was not new; she had been taking Tylenol for years. It was different this time. One evening with no warning she collapsed on her bed. Her heart had to be restarted once on the way to the hospital and then again after she arrived there. She was placed on a respirator and flown to Springfield where she was placed in Intensive Care. After a few days the doctors found out what was wrong. Her liver had been destroyed by Tylenol. She died, finally, after two horrific weeks. I wanted to write this research paper about this subject because I don't want anyone else to die taking what they think is a "safe, harmless drug."

Second, I chose this topic because I wanted to determine just how hard it is to overdose on Tylenol. If



you've listened to what almost everyone says, you would probably think like I used to think. I thought you would probably have to take a whole bottle of Tylenol just to make you sick. All the ads you see in magazines, in newspapers, and on television call Tylenol the "pain reliever doctors recommend most." If this is such a safe drug, then why are people dying?

Third, I chose this topic because I personally have taken Tylenol in the past. So have many members of my family. At that time we didn't know how dangerous Tylenol could be, and since the death of my aunt, our entire family has stopped taking Tylenol. I have since found out that most people are ignorant, like we were, about the dangers, and I want to inform as many people about acetaminophen, the main ingredient in Tylenol, as possible.

After my aunt died from Tylenol overdosing, I staved on the lookout for anything pertaining to acetaminophen overdosing. Unfortunately, it is only rarely that you hear anything about this topic on the news and usually you only read about it in more specific medical journals. I used to think Tylenol was extremely safe to use. My family and I thought it would be extremely difficult to overdose on Tylenol. I thought the recommended dosage was a suggestion of what you should take, not the maximum you can take without causing serious side effects. My mother suffers from migraines and on occasion she would take as much as seven Tylenol in one sitting and then take three or four in a few hours just to control the pain associated with the migraine. Looking back now, we realize this is probably why my mother has health problems with her liver.

There are too many people who don't know the dangers of acetaminophen, not only to themselves, but to their children as well. The labels on products such as Tylenol don't tell you how dangerous the product really is to a person. I wanted to find out any and all mitigating factors pertaining to Tylenol. In this way, maybe it would educate even a few other people and

keep other senseless tragedies from happening to another family.

According to an article in *Pediatrics For Parents*, "adults who took more than an average of one acetaminophen per day had about twice the likelihood of developing kidney failure as those who took less than 100 per year.

What previously had been supposition was now backed by facts. I learned what it takes to overdose on Tylenol and the side effects an overdose can inflict on a person's body. I wanted answers to some basic questions that I personally had about Tylenol. My questions are as follows.

- 1. Just how dangerous is Tylenol?
- 2. What other factors are there that could contribute to acetaminophen overdosing?
- 3. Does alcohol consumption have any additional effect on Tylenol?
- 4. Are children more easily affected than adults?
- 5. What are some of the physical symptoms associated with overdosing on acetaminophen?

Acetaminophen, or as it is more commonly known as under the brand name Tylenol, is a serious drug that is sold over-the-counter to unwary consumers who don't know how dangerous it can be.

Thirty to forty tablets may sound like a big dose, but compared with other drugs this is a fairly small amount to ensure death. The maximum recommended daily dosage of extra-strength tablets in a twenty-four hour period is four grams, which averages eight tablet. This is not just an estimate; this is a firm figure.

According to pharmacist JoAnn Nuccio, "No matter what your pain is, two is the maximum dose. Anything above that and you run the risk of a side effect - such as cumulative liver toxicity."

Even taking the recommended daily dosage may not be enough to ensure your safety. There are over one hundred over-the-counter medications currently on the shelves that also have acetaminophen in them. If someone were to take Tylenol and then one or more of these other medications as well, they could overdose themselves and not even be aware of it. In addition to other over-the-counter medications, there are some prescription medications that, when taken in conjunction with Tylenol can be potentially deadly. Some of these other medications include: phenobarbitol, Dilantin, and Retrovir. Taking these

drugs with Tylenol increases your chances of liver failure.

There are several other factors that can affect the amount of acetaminophen your body can handle. Taking too much acetaminophen, even as little as the recommended maximum daily dose - could be hazardous to your health if you have not eaten in several hours or if you have been consuming alcohol in addition to taking the acetaminophen. In addition, fasting and acetaminophen are even more dangerous when combined with the consumption of alcohol.

Fasting and alcohol change the way a person's body metabolizes acetaminophen. For this reason even moderate overdoses of acetaminophen by fasting adults may, in some cases, lead to liver damage. This can be a problem because many people who have a loss of appetite (due to flu symptoms, minor surgery, and dieters who are using pain medications to relieve hunger headaches) regularly take medications with acetaminophen in them and don't realize they can be adversely affected by the taking of acetaminophen.

Antonio Benedi is one of the victims of accidental Tylenol overdosing. He followed instructions on the label and took the recommended daily dose of two tablets, four times a day, but at the same time he also drank two to three glasses of wine with dinner every night. Through no fault of his own, his liver was destroyed and only an emergency transplant saved his life. He sued McNeil-PPC, the makers of Tylenol, and won approximately \$9,000,000 in damages. Evidence presented at Benedi's trial showed how the makers of Tylenol had been aware of the dangers to people who drink alcohol, even in moderation, for at least the last ten years. Even though they knew the dangers, sales personnel were instructed not to discuss with doctors the dangers of Tylenol, stated an article in *Health Facts*.

"Benedi's lawyers found evidence in McNeil-PPC's records that sixteen deaths had resulted from acetaminophen in conjunction with alcohol." This evidence from Tylenol's own records proves that people who drink alcohol are more likely to be affected than those who don't. In addition, people who are alcoholics, even those that are recovering, are at risk if they take Tylenol, even when they take the medication in doses less than the recommended daily limits. This may be because alcoholics are more likely to already have a damaged liver.

According to an article in *Southern Medical Journal*, "It has been reported that a higher percentage of alcoholic patients are regular acetaminophen users as compared with the general population. In fact, it has been speculated that this may be the single most common cause of acute liver failure in the United States, with a fatal outcome in nearly twenty percent of these patients."

Experts on liver disease had asked the manufacturers of Tylenol to warn the public of the risk to people who drink alcohol, but they were ignored. It

has been reported that adults who took more than an average of one acetaminophen per day had about twice the likelihood of developing kidney failure, in addition to the possibility of liver damage, than those who took less than 100 per year. These problems affect not only adults, but children as well.

Unfortunately, children are affected more often than adults, possibly because their smaller bodies are more easily overdosed. According to figures available from the American Association of Poison Control Centers, in 1994, there were seventy-one cases of acetaminophen poisoning in children. Of these seventy-one cases, ten of them were serious enough to have long-term side effects. Even further back we know that between the years of 1970 and 1991, thirty-three children under the age of 13 died and 152 more were overdosed badly enough to need hospitalization due to acetaminophen overdosage. Some of the children who lived were left permanently disabled as a result.

The parents of a fourteen month old little girl found out about the dangers of Tylenol the hard way. Their daughter almost died from an overdose of Tylenol and was only saved by a partial transplant of her father's liver. The mother had accidentally given her daughter a medication overdose when she gave her infant-strength Tylenol. What the family didn't realize was that there are vastly different strengths of the same medicine.

For instance, pediatric acetaminophen elixir, which is sold under the brand name Tylenol, is two and a half times more concentrated than regular acetaminophen. According to an article in *Pediatrics For Parents*, "Measure carefully, especially when giving to an infant whose dosage is determined by weight - a little too much can be a lot for a baby." Fortunately for this little girl, her father was a compatible donor for a liver transplant. Many others may not have been so lucky. Even with this luck, this child's life has been changed forever. She will always have to take anti-rejection drugs that have a whole set of problems of their own.

Unfortunately, it is often hard to know if you have been or are being overdosed. There are rarely any symptoms to let a person know that they have overdosed on acetaminophen. By the time you have realized you have overdosed, it is usually too late for anything to be done.

According to one web site, "Accidental deaths are very common. There are few, if any, side effects before the damage becomes fatal; occasionally, vomiting and nausea." Generally you feel fine, possibly even better than you have been because the pain medication is relieving any symptoms you had, then suddenly you collapse. By the time you get to the stage where you collapse, it is almost always too late to get any help. Your liver has been destroyed and in many cases, it is even too late for a liver transplant. "Once ten to twelve hours is up, you've had it, but you still live for a week or two after that."

In the two weeks it takes you to die from liver failure, there are terrible side effects. Some of these effects include: hepatitis, renal or kidney failure, cerebral edema (bleeding into the brain), inner-abdominal bleeding (bleeding into your stomach, etc.), aspiration pneumonia (your lungs fill with fluid), and hemophilia (bleeding all over your body). Certainly by the time you get to the level that your kidneys have shut down and there is cerebral edema, your brain has been damaged too badly for you to even know what has happened. This is probably a good thing considering the pain the patient would be feeling.

While most Americans don't know the dangers of acetaminophen poisoning, British literature has been informing of this danger since 1960. Naturally it is possible to avoid overdosing on Tylenol. Otherwise there would be millions of people dead since millions of people take Tylenol, annually. As stated in the article in *Medical Update*, "The key to prevention of drug overdose, with both prescription and over-the-counter drugs, is to 'always read the label' and 'use as directed'."

This same issue is one of the main points brought up in the lawsuit of overdosed victim Antonio Benedi. His claimed that the warning labels on Tylenol bottles were inadequate. They were not plain enough and didn't state the medication's potential danger. Apparently the jury believed him, because they found in his favor.

Obviously, Benedi didn't think this was enough, because he took out a full-page ad in the *Washington Times* in March of 1996. His ad was to warn people about the risks you take when you consume alcohol and acetaminophen together. As a result of Benedi's ad and his lawsuit, McNeil-PPC, the makers of Tylenol, have agreed to put stronger warning labels on their packages. The added warning informs people who drink more than three drinks a day that they should consult with their doctor before taking Tylenol.

Hopefully, this article and those on the internet will warn more people about the dangers of Tylenol. Perhaps by knowing not to take alcohol, not to fast, and to watch dosages size when taking acetaminophen, less people will be permanently damaged or die needlessly.

It frightens me to think of all the people who are taking Tylenol every day and don't realize they are jeopardizing their health. There is no other way I know of to stress the importance of this issue except in cold, hard facts. According to the *Associated News Press*, "Even seemingly small doses of the common pain killer acetaminophen - if over the recommended amount can be dangerous, if given over a period of several days."

Liver damage is a rare side effect of taking acetaminophen. Millions of people have been taking Tylenol for years without any known side effects. They are fortunate. However, as *Medical Update* stated, "The drug has been suspected in cases of sudden liver failure

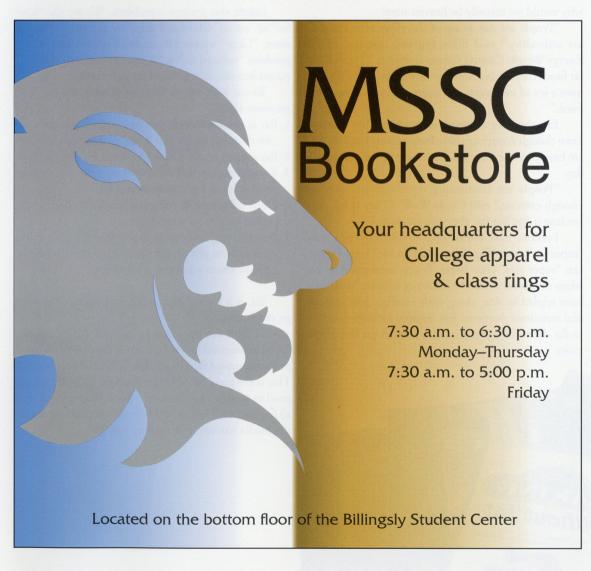
in adults." It is always better to be safe than sorry.

People should not become ill taking an over-the-

counter medication that is the one "doctors recommend the most often".

There are several things you can do to avoid overdosing on acetaminophen/Tylenol.

- 1. Never, ever exceed the recommended daily dose of two tablets, four times a day.
- 2. Never fast while taking Tylenol; always eat something, even if it is only a few crackers. If you can't eat anything, don't take Tylenol.
- 3. Don't drink alcohol while taking Tylenol. If you are a recovering alcoholic, consult you doctor before taking any Tylenol.
- 4. Check any other medications to see if they also have acetaminophen in them. Also, check with your pharmacist to make certain none of your prescription medications will react badly with the acetaminophen.
- 5. Give very sparingly to children. Always check and double check the dosage. Even a small overdose is a large one to a child.
- 6. Always read the label carefully to make sure you are getting the right strength for your child. Never take anyone else's word for which strength to give.



Stop the insanity!

by Joetta Wigger

let guru Susan Powers made herself and these words famous when she toured the United States trying to persuade Americans to cut back on their fat intake to lose weight. Snackwell's cookies sold billions of their fat-free cookies. Other companies followed suit and were soon offering fat-free chips, fat-free butter, fat-free cheese, fat-free salad dressing, and the list endlessly goes on. As a result of Americans being more conscious of it, fat intake decreased from 36 percent to 34 percent. That sounds pretty good, doesn't it? It would sound even better if one in three Americans were not obese. If we are more self-conscious about our fat intake now, why would we actually be heavier now?

"People are not aware of the types of foods that are unhealthy," said Billie Ingram, manager of Hi Energy Weight Control Center in Joplin. "Those nonfat foods they are buying may have no fat, but they also have a lot of salt, sugar and other things that we don't need."

Exactly, other things we do not need - like calories. Even though Americans have been cutting back on fat, we have increased our calorie intake by 231 calories a day.

"People are consuming more and not getting enough exercise," said Cindy Wolf. "They think that because it has less fat, they can eat more."

Portions have blown up. You can now not only "super size" your "Big Value Meal" at McDonald's, you can "super size" your bagel. Bagels were good to eat when they were about the same size as toast. Now they have tripled in size, along with muffins, soft pretzels and restaurant portions. Just because something is low in fat does not mean that it is fine to eat five times more.

People are eating more and not getting enough exercise. Look at all the ways we have to save energy these days. We do not have to manually open a garage door, turn on the television, roll down the car window, or turn a knob on a radio to change stations. These actions may seem small, but they add up over time. Americans are actually eating less today than we were 50 years ago, but we are burning fewer calories.

"Watching fat and calories is important in watching weight. The big key is exercise," said Wolfe. "You have to get plenty of cardiovascular exercise in order to burn off the calories."

Labels also present a problem. We see the "low-fat" or "no-fat" labels and think we can eat all that we want. "Light" means 50 percent less than the regular product; "reduced fat" is 25 percent less; and "fat free" means less that one gram of fat per serving.

To cut back on fat without gaining weight, here are some tips:

- 1. Eat in small portions. Just because it has little or no fat does not mean that it has no calories.
- 2. Eat regular meals. Don't just snack on low fat food.
- 3. Exercise regularly. This speeds up your metabolism and helps to burn calories and fat.
- 4. Don't substitute. If you get a diet Coke, don't order a Big Mac to go with it.
- 5. Be sensible. Just because it is a salad does not mean it is okay to pile on the dressing, cheese, and meat. Think about what you are eating.

Yes, it is a good idea to cut back on fat, but don't go overboard.

"There are two kinds of fat," said Ingram, "polyunsaturated fat and saturated fat. You need some polyunsaturated fat to keep skin, nails, and hair healthy. This is the good fat. The saturated fat is the fat people need to watch. That is the bad kind. People think that all fats are bad. They need to educate themselves because the media has not informed us well."



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